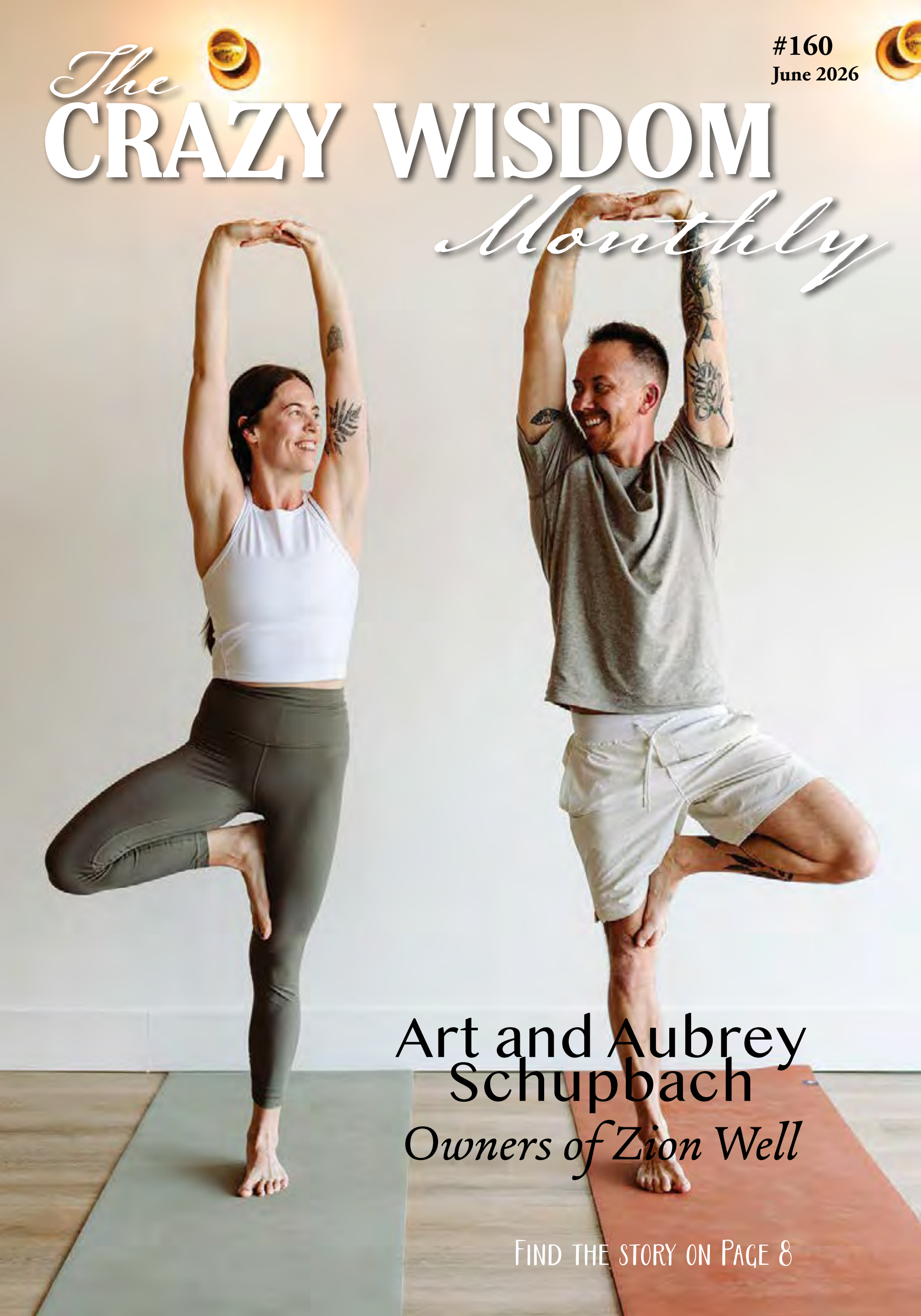
#160
June 2026

The CRAZY WISDOM Monthly



Art and Aubrey Schupbach

Owners of Zion Well

Find the story on Page 8

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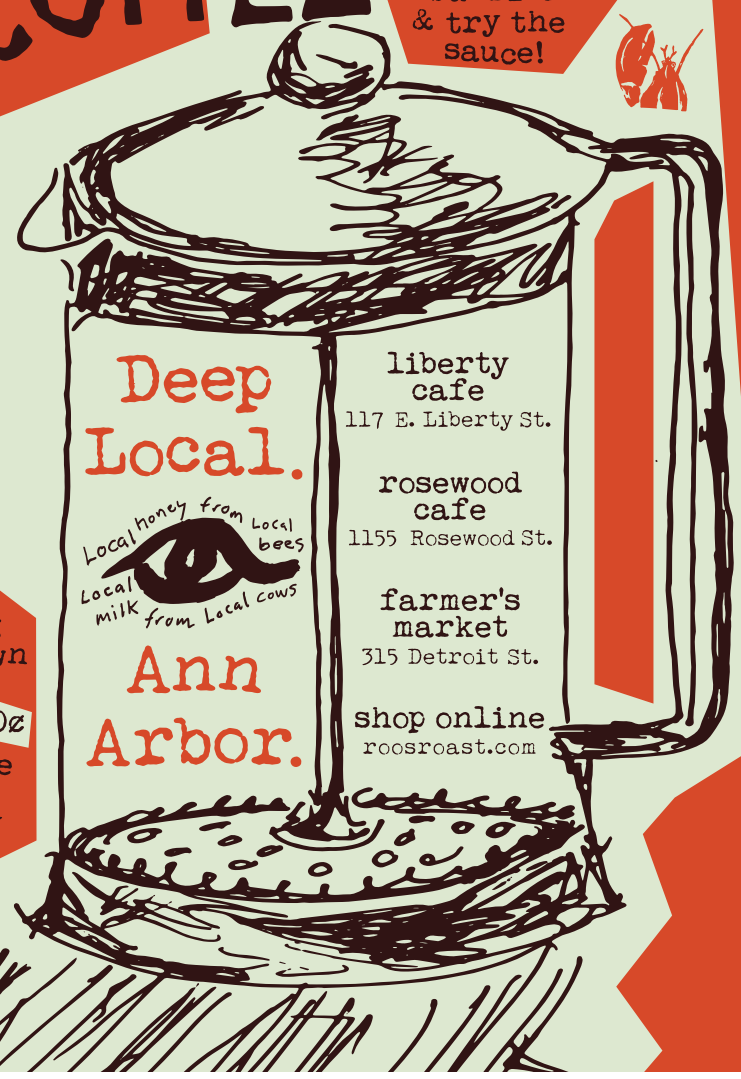

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Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Acatalepsy

The belief that nothing can ever truly be known—that certainty is always just out of reach.

Receive our Weekly E-blasts which feature events at at Crazy Wisdom Bookstore, the latest issues of the *CW Monthly our* digital online magazine, *The Crazy Wisdom Community Journal*, and more!

You will also receive occasional emails, through us, from organizations, centers, and groups that sponsor the kinds of events, classes, and programs that you care about.

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Art and Aubrey Schupbach, owners of Zion Well. Read the story on page 8.

Our spring/ summer issue is here!

The Crazy Wisdom Community Journal

Features

issue 92

• Keeping the Faith • Architectural Resource • Summer Road Trip • Plants and Breath • Annie G's...and more!

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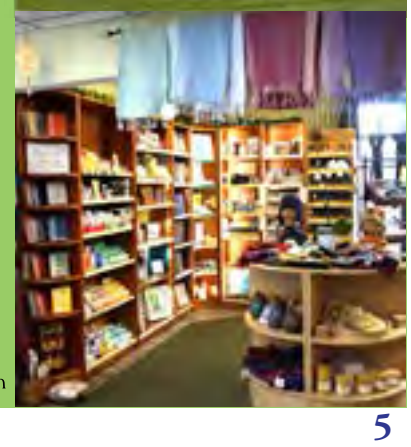

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CW Book Picks *of the month*

Opt out of expectations and live a more intentional life with this refreshing guide from the national bestselling author of The Year of Less.

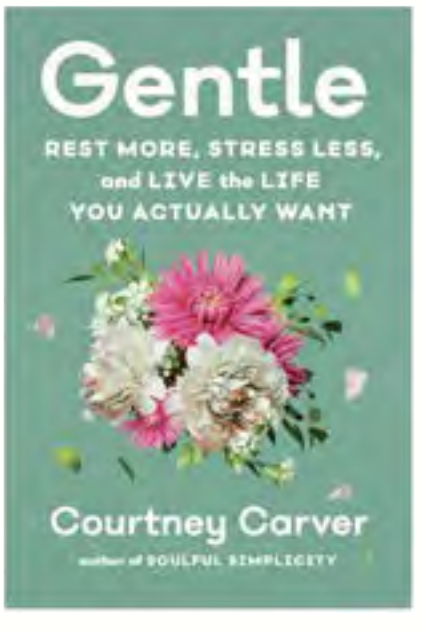
We all follow our own path in life. At least, that's what we're told. In reality, many of us either do what is expected of us, or follow the invisible but well-worn paths that lead to what is culturally acceptable. For some, those paths are fine -- even great. But they leave some of us feeling disconnected from ourselves and what we really want. When that discomfort finally outweighs the fear of trying something new, we're ready to opt out.

After going through this process many times, Cait Flanders found there is an incredible parallel between taking a different path in life and the psychological work it takes to summit a mountain -- especially when you decide to go solo. In Adventures in Opting Out, she offers a trail map to help you with both. As you'll see, reaching the first viewpoint can be easy -- and it offers a glimpse of what you're walking toward. Climbing to the summit for the full view is worth it. But in the space between those two peaks you will enter a world completely unknown to you, and that is the most difficult part of the path to navigate.

With Flanders's guidance and advice, drawn from her own journey and stories of others, you'll have all the encouragement and insight you'll need to take the path less traveled and create the life you want. Just step up to the trailhead and expect it to be an adventure.

In this book you'll learn how to use No-Spend Challenges to reach your financial goals faster and transform your spending habits to finally be able to stick to a budget.

Budgeting and money management are some of the hardest concepts for people to nail down. You can have all the knowledge available and suck at executing it. Jen Smith, creator of the debt freedom blog SavingWithSpunk.com went from not being able to stick to a budget longer than two weeks to paying off $78,000 of debt in less than two years. She shares her experiences and strategies using No-Spend Challenges to change her money mindset and budget like a (mostly) pro.In The No-Spend Challenge Guide you'll discover: - Why budgeting alone isn't working - The psychology behind your impulsive spending - How to pay off debt fast while still having fun - Ways to do for free what you've probably been wasting money on - Ways to save money on your financial obligations - How to make the most of your time without spending money - Discover what you valueYou'll also get a free resource guide with every recommendation in the book in one place.Whether you're paying off student loan debt, saving for your first home, or just trying to control your spending; This is a personal finance book you'll return to again and again. Scroll up and Buy Now to start mastering your budget!



From an expert on simplicity and minimalism, a collection of 30 practices to overcome chronic overwhelm, cultivate self-compassion, and find permission to do less–perfect for readers of Rest is Resistance and Wintering.

Being Gentle is about being grounded in self-compassion and a fierce commitment to less—becoming the Gentle You isn't about taking the easy road. Organized into three parts—Rest, Less, and Rise—Courtney Carver's Gentle provides simple challenges and practices that will help readers radically and gently shift their pace, headspace, and heart.

Becoming the Gentle You is a practice of real self-care that, over time, will soothe your nervous system and strengthen your relationships.

Gentle is the "don't do it all" self-help book that promotes less stress and more joy by standing in your light and honoring the person you are.

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Moments That Matter:

How Zion Well Builds Community Through Mindfulness

Staff pictured: Heidi, Mari, Madeline, Jess, Aubrey, Misty, and Art

By Cashmere Morley

For Aubrey and Art Schupbach, a little goes a long way. It is a little mindfulness, in the form of a friendly check-in with a yoga patron they haven't seen in a while. A little stretching in the morning, to get the body in the right mental and physical space to move about the rest of the day. A little meditation session in the afternoon to remind oneself that the quiet times are just as important as the loud ones. The Schupbachs have found that these little moments are what create the foundation that supports a larger community. It's these moments that help make Zion Well what it is: a studio rooted in community, mental health, and purpose.

Ann Arborites that originally met at Planet Fitness, Aubrey and Art's path to owning a wellness studio actually began down south. Living in North Carolina, Aubrey began taking yoga classes that were a "huge benefit" to her mental health. "I kind of dragged Art along to come to yoga with me, and then our love and our passion for yoga really started to evolve. We found yoga as a pathway to stabilize and support our mental health… that's kind of how the initial, I would say, birth of the studio, came to be," Aubrey explained.

The Schupbachs have found that these little moments are what create the foundation that supports a larger community. It's these moments that help make Zion Well what it is: a studio rooted in community, mental health, and purpose.

Before they opened the doors to Ypsilanti's Zion Well location in June 2019, both Aubrey and Art wore a lot of hats. Aubrey managed a Lululemon store. Art was deep into marketing and advertising for Aubrey's family's truck driving school and was also a personal trainer for four years. Both spent years teaching at various places in the Ann Arbor community, which explains why education and mindfulness is such a big part of their approach to wellness.

These days, we see the word "inclusivity" thrown around as more of a buzzword than a word that holds actual weight. Inclusivity isn't just a catchphrase to boost likes and feed some algorithm at Zion—it's a cornerstone to their philosophy.

Zion means "sanctuary" or "refuge" in many cultures, and that's exactly what Aubrey and Art wanted to create—a safe space where anyone could come to find peace, both inside and out. The pair explain that their use of the word Zion has nothing to do with politics or religion. Instead, it's about nature, harmony, and the idea that you can carry your own sanctuary with you, wherever you go.

Art and Aubrey approached the vision of Zion Well in different ways, though both partners found Zion's root to be in inclusivity and community. Said Art, "I think for me, my biggest experience that kind of helped shape the direction [of Zion Well] was an experience that I had with meditation."

Art explained, "I had a neck injury that happened before we ever opened the studios, and it made it so that I couldn't practice yoga, and I couldn't do the exercises that I liked to do. It kind of forced me to slow down and dive a little bit deeper into the meditation practice, which at the time, I wasn't as acquainted with, and I just really, really fell in love with it, and so it was something that we always wanted to interweave into the studio." He continued, "Even in all of our yoga classes, we have some element of meditation and breath work and just that guiding someone a little bit deeper, if that makes sense. I'm always *go, go, go*, and sometimes I need to be, like, slowed down a little bit… so I'm grateful for that moment."

Aubrey said it was not one experience that led her to Zion, but a culmination. "I knew that I always wanted to help people in this world and support people," she said, "And I think that my ability to be nurturing and caring and to help people and provide access to themselves and in their bodies was always important to me. The difference that it can make in other people's lives… I think that's what shaped me and also motivated and inspired me to kind of keep sharing the practice and being a part of the practice, myself, too."

Read The Rest of the Article Online

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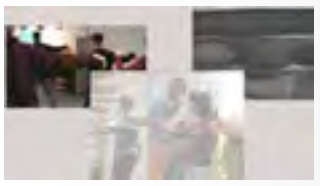

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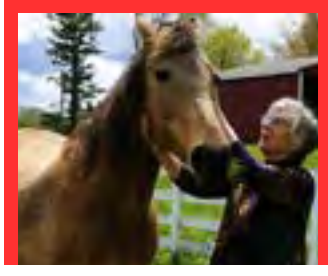

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The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

June through August 2026

Calendar edited by Kaili Brooks

A Course in Miracles

"A Course in Miracles" Study Group with Rev. David Bell & Randall Counts • Ongoing Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Practical application of course principles to daily life. Additional, supporting works are also presented and discussed. Text and study materials are included. FREE, donations welcome. For more information visit interfaithspirit.org.

Art and Craft

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Guardians of the Threshold with Eric Rentschler • Monday, June 1 through Tuesday, June 30 • Guardians of the Threshold is an exhibition of dimensional carved wall works exploring mythic imagery as psychological and spiritual architecture. Drawing from Egyptian and Norse symbolism, the collection presents figures and animal guardians not as historical artifacts, but as living archetypes. Gallery open Wednesday through Sunday. FREE. For more information contact Eric at Ecrentschler@gmail.com.

Westside Art Hop with Sophie Grillet • Saturday, June 13, from 10:00 a.m. to 5:00 p.m. & Sunday, June 14 from Noon to 5:00 p.m. • Ann Arbor's quirkiest art fair is back for another year! Come for a stroll in the historic Old West Side and see this year's gathering of local artists with their wares on display. The event takes place rain or shine and parking is easy to find. FREE. For more information contact Hannah at (616) 821-8825, email westsidearthop@gmail.com, or visit westsidearthop.com.

Weave a Willow Baby Bassinet with Michael Marie Schofield • Saturday, August 1 & Sunday, August 2 • 10:00 a.m. to 5:00 p.m. • Are you or somebody in your life expecting a new baby? Weave an heirloom wicker bassinet that is sure to be passed down for generations. In this 2-day class, we'll weave with willow using stake and strand basketry techniques. Each participant is welcome to bring up to one helper to assist with weaving, if desired. $325. For more information contact the Hickory Nut Farmstead at (734) 358-1142, email hickorynutfarmstead@gmail.com, or visit hickorynutfarmstead.com.

Candle-making & Crafts at Michigan Folk School with Deanne Bednar • Saturday, August 22 • 10:00 a.m. to 4:00 p.m. • Enjoy the process of dipping bees wax tapered candles and crafting with nature. This is a nurturing candle class and also includes sculpting earthen candle stick holders and decorating match boxes. $115; includes all materials. For more information visit mifolkschool.com or strawbalestudio.org.

Weave a Frame Basket Using Wild Materials with Michael Marie Schofield • Saturday, August 29 • 10:00 a.m. to 5:00 p.m. • Learn to weave with wild materials! At the end of the class, you'll take home your very own foraging basket made with wild materials. We'll discuss how to forage, harvest, and process a wide variety of plants for basketry. You'll then proceed to weave a traditional egg basket with willow and vines. $80. For more information contact the Hickory Nut Farmstead at (734) 358-1142, email hickorynutfarmstead@gmail.com, or visit hickorynutfarmstead.com.

Animals and Pets

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday, July 25 & Sunday, July 26 • 9:00 a.m. to 5:00 p.m. • Learn to communicate telepathically with animals, the way they communicate to each other. Open your natural intuitive senses in a fun, supportive training. Class is taught via Zoom. $180 per person/$90 for repeat students. For more information contact Judy at info@judyramsey.net.

Bodywork and Bodymind Therapies

Mindful Yoga w/Meditation Workshop Theme: Chakra Balance with Crysterra Wellness • Friday, June 12 • 7 to 8:30 p.m. • Experience a calm nervous system, improved ability to cope with stress, better focus and overall sense of ease and well-being with this mindful yoga practice paired with meditation. In this gentle workshop, we will combine movement, breath work, mindfulness and meditation to cultivate the many benefits associated with a mindful meditation practice. $30/$35. For more information contact Andrea at (734) 649-1849, email andrea@crysterrawellness.com, or visit crysterrawellness.com.

Relevant Science for the Art of Somatics with Eileen Dickinson • Friday, July 24, Saturday, July 25, & Sunday, July 26 • 9 a.m. to 6:00 p.m. • In this three-day class we explore the science of presence, touch, and movement through didactic information, movement, and hands on activities both on and off the bodywork table. Applicable to a wide range of somatic practices, you will leave with more ease and effectiveness, and an understanding of how your work is grounded in science. $600. For more information contact Eileen at (734) 717-4145.

Book Discussion Groups

Spiritual Book Study Online via Zoom with Sunny Johnson-Lemieux • Ongoing Wednesdays • 6:30 to 7:30 p.m. • Join our weekly online book study, currently reading The *Second Coming of Christ* by Paramahansa Yogananda. Each session includes a brief meditation, prayer, shared reading, and uplifting discussion. All are welcome at any point. The format encourages positive, focused sharing and a supportive space for spiritual growth. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

Crazy Wisdom Bookstore's Masters and Teachers Discussion Group with Jenna Hoyer • Friday, June 19, & July 17 • 7 to 8:30 p.m. • Looking for inspiration? We will read aloud selected writings from spiritual masters for an evening of spoken word and spiritual reflection and celebrate the literary legacies of those who have illuminated our path. Each evening is designed to foster a sense of community, reflection, and creative expression in a serene atmosphere. FREE. For more information contact events@crazywisdombookstore.com.

Deep Spring Center Fall Retreat 2026

October 17-October 23 Maryville Retreat Center Holly, MI

Finding Our Still Center in the Midst of the Storm

An in-person silent Vipassana retreat.
All welcome. No experience necessary.

In the midst of the challenges and chaos rampant in our world, we need a still center. Through Viapassana and Pure Awareness meditation within the container of noble silence, we discover the tools to navigate the storm with wisdom and an open heart.

Date: Oct. 17-23 2026

Location: Maryville Retreat Center
Holly, MI

Retreat Teachers

Barbara Brodsky

John Orr

Dan Muir

Early Bird Discount: save $50 if registered by July 4th.
Includes 6 nights and 21 meals

Deep Spring Center
for Meditation and Spiritual Inquiry

The Crazy Wisdom Calendar

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, June 14 & 28, July 12 & 26, August 9 & 23 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states. Second Sundays in Ann Arbor, 4th Sundays in Ypsilanti. FREE, donations welcome. For more information visit thisbreath.com.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Ongoing Sundays • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.

Sunday Services with Temple Priests & Dharma Teachers • Ongoing Sundays • 10:00 a.m. to Noon • Morning meditation service consists of two periods of meditation followed by chanting and a Dharma talk. FREE; donations welcome. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Ceremonies, Celebrations, and Rituals

Planted In Sound: Half-Day Retreat with Julie Barron, Julie Kouyate, & Mady Kouyate • Saturday June 13 • 3 to 7:00 p.m. • This is an immersive sound experience with the aided connection of gentle plant/fungi allies like Kanna, Kava, and others. Set in a beautiful temple setting, participants will enjoy guided imagery with music and stories, elemental sound immersion, movement, and at the end gather around a fire with snacks. $250; sliding scale and scholarships are available. For more information contact Julie at the2jewels@gmail.com or email bluesagehealth.com.

Liberation of Life Ceremony with Temple Priests and Dharma Teachers • Sunday, June 14 • 10:00 a.m. to 12:30 p.m. • In the spirit of not to harm but to cherish all life, Liberation of Life Ceremony with activities in our large garden followed by a potluck picnic. Bring a dish to pass. The Temple will provide vegetarian hot dogs. FREE, donations accepted. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Summer Solstice Ritual Celebration with Esther Kennedy • Sunday, June 21 • 3:30 to 4:00 p.m. • In summer we are acutely aware of belonging to a world that is vibrantly alive – wondrous in its diversity, beauty, and intensity. Come in Gratitude; bring a friend and maybe a treat to share. FREE. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

The Healing Feast: Dancing with the Divine Masculine with Sari Brown, Kiyoshi, & Forrest Hejkal • Sunday, June 21 • 5 to 8:00 p.m. • The Healing Feast offers food and community for healing connections with self, others, the earth, and the sacred. We share nurturing, globally-inspired food and practices to embody joy, healing, creativity, and abundance. This month focuses on the divine masculine. $0-$66 sliding scale. For more information contact Sari at (734) 660-2799, email thehealingfeastofconnection@gmail.com, or visit saribrownmusic.com.

The Healing Feast at the Gardens on Maplewood with Sari Brown • Friday, August 14 • 5:30 to 8:30 p.m. • The Healing Feast offers food and community for healing connections with self, others, the earth, and the sacred. We share nurturing, globally-inspired food and practices to embody joy, healing, creativity, and abundance. This month's outdoor feast will be held at the Gardens on Maplewood in Ypsilanti. $0-$66 sliding scale. For more information contact Sari at (734) 660-2799, email thehealingfeastofconnection@gmail.com, or visit saribrownmusic.com.

Chanting

Sufi Gathering with Imam Kamau Ayubbi • Tuesday, June 30, July 28, & August 25 • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting held on Zoom. $5-$10 suggested donation. For more information visit interfaithspirit.org.

Children and Young Adults

Family Services with Dharma Teachers and Temple Priests • Sunday, June 14 • 9:45 a.m. to 12:30 p.m. • Our monthly Family Services will be held on celebration days during the summer. Buddha's Birthday on May 24th and Liberation of Life Ceremony on June 14th. July and August we will pause our Family Services so to focus on Peace Camp. FREE, donations appreciated. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Death and Dying

Death Café with Rev. Annie Kopko • Tuesday, June 2, & July 7 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or a counseling session. FREE. For more information visit interfaithspirit.org.

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, June 6, July 4, & August 1 • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Open to all adults. Please note: This is not a grief support group. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Ann Arbor Death Café with Merilynne Rush at Crazy Wisdom • Saturday, June 20, July 18, & August 15 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small & large group discussion, deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note: This is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Dye Your Own Botanical Burial Shroud with Michael Marie Schofield • Saturday, June 27 • 10:00 a.m to 5:00 p.m. • A shroud is a natural fabric covering used in natural burial or cremation. Shrouds represent one of the oldest, simplest, and most accessible forms of caring for our dead. In this workshop, we will dye a shroud using locally gathered plants. Each participant is welcomed to bring up to two helpers to assist, if desired. We'll also practice different ways to wrap a shroud (on dolls and a life-sized model) and will discuss

the practical aspects of how shrouds can be used in home funerals, burial (conventional or green), and cremation. Held at the Hickory Nut Farmstead, 5310 Hickory Nut Lane, Dexter, MI 48130. For more information contact the Farmstead at (734) 358-1142, email hickorynutfarmstead@gmail.com, or visit hickorynutfarmstead.com.

Drumming

15th Annual Drum and Dance Jam with Curtis Glatter • Saturday, June 6, & August1 • 7:30 to 9:00 p.m. • All are invited to the 2026 season. Drumming improves musicality, hand/eye coordination, and cognition; relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum, or use one provided by the event. Suggested $5.00 donation. For more information, visit interfaithspirit.org.

Energy and Healing

Qigong: Wild Goose Form with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays from 10 to 11:00 a.m. • The Wild Goose Form is a series of ongoing movements with a multidimensional perspective of Chi. It brings together imagery, yogic like stretches, and the acu-point system. Students learn to cultivate and receive the energy of the universe, nature, and earth. You can attend one or both sessions per week (down a flight of stairs, no elevator). $225 class package available. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, June 12, July 10, & August 14 • 7 to 9:15 p.m.

- **June:** *Vajra Sky Over Tibet*, 2005. A cinematic pilgrimage to revered venues and festivals that survive in Tibet.
- **July: Wonder**, 2017. Based on the New York Times bestselling book, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences.
- **August: White Bird**, 2023. In this sequel to the film *Wonder*, Julian Albans, expelled from school for mistreating a disabled boy, is visited by his grandmother.

FREE; concessions available. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.

Herbal Medicine

Herbal Medicine Open House with Mary Light • Saturday, June 2, & August 1 • Noon to 1:00 p.m. • Join us for a tour of our herbal medicine center, school, and apothecary. Held at the Dexter Natural Health Center, 3255 Central St. Dexter MI, 48130 FREE. For more information contact Mary at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Holistic Health

July One Week Session with Steiner Health • Monday, July 13 through Friday, July 17 • 9:00 a.m. to 5:00 p.m. • The Steiner Health July One Week Session is a day program based on our Two-Week Life Force Intensive Health Retreat. Patients will receive medical care and a variety of anthroposophical therapies, including: art, movement, massage, color light ,and nursing therapies. One organic vegetarian meal is served midday. $1,800. For more information contact Steiner Health at (734)222-1491, email orders@steinerhealth.org, or visit steinerhealth.org.

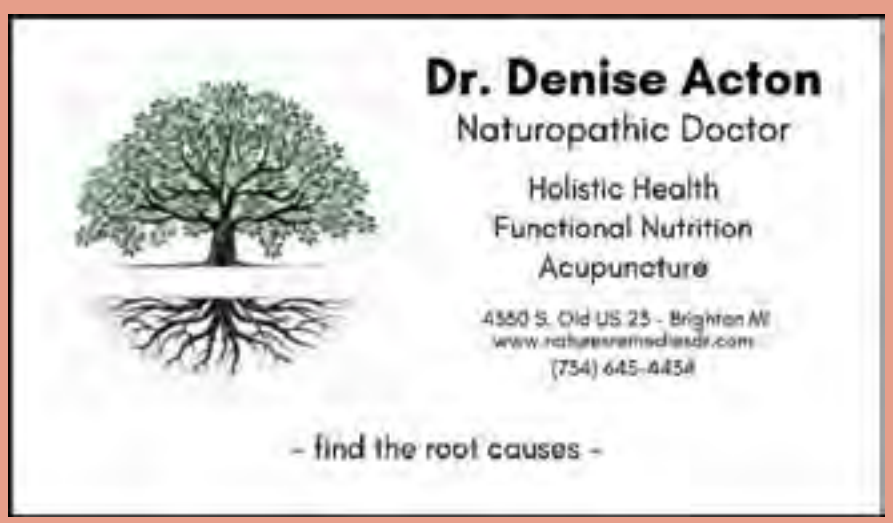
Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, June 7, July 5, & August 2 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic ability, as well as a whole new level of clarity and spiritual openness. See website for payment information. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with Gloria Hemsher & John Friedlander • Tuesday, June 2, July 7, & August 4 • 7 p.m. to 8:00 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. Some prerequisites. Please contact teachers. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Summer Intensive 2026: Webinar/Teleconference with John Friedlander • Thursday, July 16 & Friday, July 17 from 7 to 9:00 p.m., Saturday, July 18 & Sunday, July 19 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material

Resources for Conscious Living



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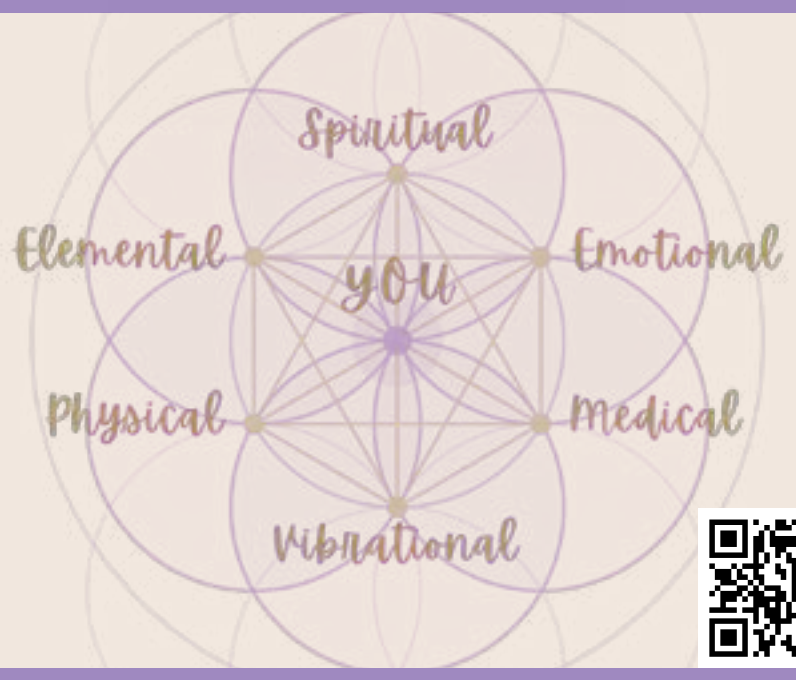

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What's New in the Community

SPOTLIGHT!

By Lynda Gronlund

Retired Physical Therapist Eileen Dickinson became certified as a Level Two Foundation Training Instructor last year.

Foundation Training is a corrective exercise program aimed at correcting muscle imbalances and movement patterns. Dickinson said that she finds it effective for correcting long-standing postural and movement patterns, while developing space, length, and strength. Originally created to relieve back pain, it uses isometric contractions to anchor the pelvis, integrate the entire body, and decompress the spine. Even after one or two exercises people feel taller, stronger, and more confident said Dickinson.

Since 1998, she has also practiced Trager, another modality that focuses on resolving physical imbalances, through deep relaxation and body-mind re-education. Dickison has found these two methodologies to be very complimentary since, "Trager focuses more on evening out tension in the body from the perspective of letting go, while Foundation Training focuses on evening tension through muscle activation." Both can be used to recover from injuries and chronic conditions and are helpful in preventing common physical problems that tend to happen with age.

Dickinson would love to see more Foundation Training Instructors in the Ann Arbor area so that it can be better known and more widely practiced. At this stage of her life, she explained, she is more focused on teaching others to use the knowledge she has accumulated than working with individual clients. She believes Foundation Training should even be used in elementary and middle school physical education classes, so that children learn better movement and posture from young ages to carry them throughout their lives.

In addition to sharing Trager and Foundation Training with individuals, Dickinson is bringing her passion of teaching science to somatic practitioners. Her signature three-day course, *Relevant Science for the Art of Somatics,* focuses on science that supports key aspects of presence, touch, and movement. Having taught in the past few years in Switzerland, Seattle, and Washington DC, she is teaching this class on July 24 through 26 in Ann Arbor. The class covers science that somatic practitioners should know, and how to communicate with clients and others that the work is grounded in science. The class was developed for Trager practitioners, but it is relevant to other somatic practitioners as well including those who use the Feldenkrais Method and the Alexander Technique.

On October 22 through 25, Dickinson will host Roger Tolle, senior instructor for Trager International, who will teach Somatic Foundations of Presence Touch and Movement. This workshop is open to bodyworkers, movement practitioners, and anyone who wants to learn more about embodied connection. It promises to offer a "nourishing space to refine touch, heighten sensory awareness, and deepen attunement to the natural intelligence of the living body, whether for personal exploration or professional practice."

Details and online registration for the October workshop are available at rogertolle.com/somaticfoundations-workshop-annarbor. More information about Dickinson's July workshop are in our calendar listing section, and questions can be directed to eileen@tragerology.com. Eileen Dickinson's website is tragerology.com.

Resources for Conscious Living

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9th Annual Comprehensive Women's Group Review 2026 Teleconference with Gloria Hemsher • Thursday, August 20 & Friday, August 21 from 7 to 9:00 p.m., Saturday, August 22 & Sunday, August 23 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • For Women Only: Review of monthly Women's Group meditations presented during the last year since August 2025. $275. For more information visit visit psychicpsychology.org.

Massage

Irene's Free Open House with Irene's Myomassology Institute • Friday, August 14 • 3 to 7:00 p.m. • Get a feel for Irene's campus at our Massage School Open House! Enjoy free classes, complimentary massage, raffles, prizes, and more. Come explore our campus, meet staff, learn about Irene's program, and find out just what makes us the best choice for massage education. Bring a friend and save your spot now! FREE. For more information contact the Institute at (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

Meditation

Healing & Compassion Meditations with Hartmut Sagolla • Ongoing Mondays • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30 to40 minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.

Evening Group Meditations with Song of the Morning Community • Ongoing Tuesdays, Wednesdays, Thursdays, Fridays, & Saturdays • 8 to 9:00 p.m. • Evening Meditations include guided prayer, chanting, and silent meditation, with simple instruction to help newcomers feel supported. Practices are offered in the spirit of Paramahansa Yogananda's teachings. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

Mantra Kirtan with Ananda and Deva • Ongoing Thursdays • 6:30 to 8:00 p.m. • Traditional Hare Krishna chanting circle for healing and connection with vegetarian meal served after at 8 p.m. All welcome. FREE. For more information contact the Harmony Collective at deva@theharmonycollective.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chophel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Three-Hour Meditations with Song of the Morning Community • Ongoing First Saturdays • 1 to 4:00 p.m. • Our three-hour meditations are an ongoing tradition led by members of our Clear Light Community. Each hour begins with chanting, prayer, and an inspirational reading, followed by silent meditation. You are welcome to come and go on the hour or stay for as many hours as you wish. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Ongoing Sundays • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental and emotional suffering. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.

Overnight Introductory Meditation Course with Dharma Teachers • Saturday & Sunday, June 12 & 13, July 17 & 18, & August 14 & 15 • This course

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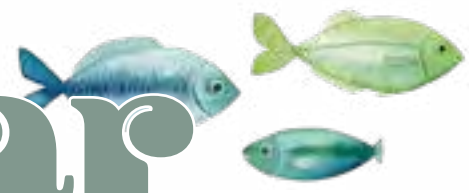

covers the same content as our 5-Thursday evening class in a condensed format. It is ideal for out-of-towners, local people who cannot attend the Thursday evening course, or those who would like to attend a one-night Zen meditation instructional retreat. Cost includes overnight accommodation and a vegetarian breakfast. $200. $160 for students and unwaged. For more information contact the Zen Buddhist Temple, at (734) 761-6520 or email annarborzentemple@gmail.com.

Days of Mindfulness Meditation with Esther Kennedy • Saturday, June 6, July 18 & August 22 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. $35; includes lunch. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Daylong Meditation Retreat with Carol Blotter • Saturday, June 6 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. Suggested Donation $30-$60 or what you can afford. For more information contact the MFC at manager@mfcenter.org.

Music, Sound, and Voice

Sacred Sound Journey: Vibrational Cacao Elixir with Kelly Borchert • Sunday, June 7, July 5, & August 2 • 3 to 4:30 p.m. • Experience the soothing resonance of crystal singing bowls, the deep and mysterious tones of gongs, and a unique collection of sacred sound instruments. Together, they create a powerful field of vibration that supports deep relaxation, inner peace, and vortex of self-healing. $45. For more information visit veraposeyoga.com.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, June 13, July 11, & August 8 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. Schedule is as follows: Julie Beutel and Friends (May), Mary and the HusBand (June), Laz Slomovitz and Friends (July), Kozora Quartet (August). $10 to $20 suggested donation. For more information visit interfaithspirit.org.

Community Sing with Matt Watroba • Wednesday, June 10 • 7 to 8:30 p.m. • You don't need to be a good singer—whatever that means. You just need to love singing. $5 to $10 suggested donation. For more information visit interfaithspirit.org or mattwatroba.net

Singing for Comfort with Rev. Layla Ananda • Thursday, June 11, July 9, & August 13 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience is necessary. FREE, donations welcome. For more information visit interfaithspirit.com.

Pagan Spirituality

Witches' Night Out with Moira Finkel at Crazy Wisdom • Wednesday, June 10, July 8, & Aug 12 • 6 to 8:00 p.m. • Crazy Wisdom Bookstore is hosting our monthly gatherings! Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy! FREE. For more information contact Moira mopayne@umich.edu.

Earth Church: Reimagining our World Midsummer Celebration with Rocky Rains & Lucinda Reinas • Saturday, June 7 • 3:30 to 4:30 p.m. • Midsummer is the perfect time to reconnect with the Earth Mother and the spirits of nature. We shall learn about the power of trees, connect with our plant, nature spirt, and animal allies and learn how to identify healing plants. Afterward we will have a potluck to strengthen the bonds of community. FREE. For more information contact Rocky at (734) 799-7502 or email rainsrocky4@gmail.com.

Summer Solstice Pagan Chant Sing-Along with Nora Farley • Thursday, June 18 • 7 to 8:30 p.m. • Celebrate the longest day of the year and the beginning of summer, with music from Earth-based, spiritual traditions. Bring you own instrument, or use one provided by the event. All ages, spiritualities, and musical abilities welcomed! FREE, donations welcome. For more information visit interfaithspirit.org.

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The Crazy Wisdom Calendar

Peace

Peace Generator with Craig Harvey • Friday, June 19, & July 17 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. FREE, donations welcome. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Ann Arbor Zen Buddhist Temple Visitor's Program with Dharma Teachers and Temple Priests • Dates Flexible • Follow the daily schedule and participate in retreats, study groups, public service, and yoga classes as your schedule permits. Pursue your spiritual path, seeking peace and harmony in a wholesome environment. Advance arrangement with the Temple Director is necessary. Rates available upon inquiry. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Reiki

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, July 18 from 10:00 a.m. to 5:00 p.m. & Sunday, July 19 from 10:00 a.m. to 1:00 p.m. • Reiki is a hands-on healing practice that promotes balance of the body/mind/spirit allowing you to feel and function better. Reiki is an invaluable resource for self-care and for bringing healing touch to others. Class includes, Reiki history, spiritual precepts, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Retreats

SW Lake Michigan Yoga & Meditation Retreats with Ann Arbor Yoga & Meditation • Four Day Retreats: Thursday through Sunday, June 25 through 28; July 9 through 12 OR 16 through 19; August 6 through 9; Three- Day Retreats: Friday through Sunday, May 8, 9, & 10 OR 22, 23, & 24; June 26, 27, & 28; July 10, 11, & 12 OR 17, 18, & 19; August 7, 8, & 9 • Our small group retreats are for beginners and pros interested in experiencing yoga and meditation for healing, as a way of life, and personal growth. Come to deeply relax, learn user friendly therapeutic breathing, meaningful meditations to self care, and more. Enjoy beautiful indoor and outdoor spaces, Lake Michigan sunsets and more. Four-day retreats $749; 3-day $599. For more information contact Ema at EmaStefanova@cs.com. or visit yogaandmeditation.com.

Inner Peace Retreat with Song of the Morning Community • Friday, Saturday, & Sunday, June 12, 13, & 14 • Retreat investment: $108. Lodging fees vary by accommodation and includes all meals. You'll select and pay for lodging during registration. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Nurturing a Nature-Connected practice: a Yoga & Meditation Retreat with Emily Adama & Ari Wakeman • Friday, June 12 through Sunday, June 14 • Yoga and meditation compliment one another on the spiritual path – embracing this time-honored duo, we will alternate between mindful movement and stillness, deepening our connection to our bodies and the present moment through 10+ hours of indoor and outdoor yoga and meditation. $465-$650. For more information visit earthwellretreat.com.

Summer Solstice Hatha Yoga Retreat with Golden Lotus Yoga Teachers Association • Friday, June 19 through Sunday, June 21 • Celebrate the International Day of Yoga and the Summer Solstice with Song of the Morning and GLYTA. This all-levels retreat features yoga and meditation classes, vegetarian meals, guided nature walks, free time, beautiful scenery, and the joyful fellowship that makes Song of the Morning retreats so special. Retreat investment: $150. Lodging fees vary by accommodation and include all meals. You'll select and pay for lodging during registration. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Colors of the Soul: A Rainbow Palette of Restoration, Creative Arts, Movement, and Meditation with Megan Sims & Emily Adama • Friday, June 19 through Sunday, June 21 • The solstice weekend is the perfect time to explore the beauty of life that often eludes us in our busy schedules and crazy world. This retreat experience will be equally restorative and peaceful, as it is fun, creative, and colorful! Inspired by creative movement (InterPlay, NIA, Yoga), we will rediscover the magic within ourselves and each other. 415-$650. For more information visit earthwellretreat.com.

Divine Healing Retreat with Drs. Will & Wendy Page-Echols • Friday, June 26 through Sunday, June 28 • Discover practical spiritual tools for daily life through gentle yoga, meditation, chanting, prayer, nature connection, journaling, breathwork, and stress release. Rooted in the teachings of Paramahansa Yogananda, this retreat supports balance, resilience, inner guidance, and joyful well-being. Retreat investment: $150. Lodging fees vary by accommodation and include all meals. You'll select and pay for lodging during registration. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Directed Retreat with Mary Sue Kennedy, Joan Ebbitt, Trudy McSorley, Esther Kennedy, Joan Delaplane, & Janice Brown • Monday, July 6 through Friday, July 10 • This is an individual quiet retreat with a daily meeting with a spiritual director. Commuter $240: includes lunch; Single $570: includes all meals; Double $470 each: includes all meals. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Reflection on the Mystics with Judi Clemens & and Phillip D. Johnson • Sunday, July 26 through Wednesday, July 29 • This retreat will focus on Howard Thurman, American author, philosopher, minister, theologian, Christian mystic, educator, and civil rights leader as well as Brazilian Catholic Religious Sister and missionary Dorothy Stang. Registration required; Cost: Commuter: $180; Double: $280 each; Single: $380. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Zen Peace Camp with Temple Priests and Dharma Teachers • Saturday, August 1 through Thursday, August 6 • Tent camping in community with all ages, by the lake and in the forest, near Ann Arbor. Learn about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize mindfulness, cooperation, and appreciation for nature and

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SEEKING GUIDANCE

By Katherine Munter

"If you pay close attention, you will see that the most masculine man has a feminine soul, and the most feminine woman as a masculine soul." - Carl Jung, The Red Book

When I was in my mid-20s, I had a brush with cancer. The diagnosis led to a series of tests and seemingly endless appointments with various specialists. I sat in waiting rooms, awaited results, scheduled further appointments. My art at the time reflected my feelings of being poked, prodded, and reduced to a numbered specimen. I'd never before faced surgery, and the night before the procedure, I laid awake, contemplating my mortality.

Suddenly, everything that normally consumed my thoughts: work projects and school deadlines, dishes and activities of daily life, bills and accounts… all of it faded. Only one thing remained as all else fell away: Love. Had I loved deeply? Did I make people feel they were important enough for my time? Did they know how much they meant to me and the impact they'd had on my life? When considering my life, love became not the most important thing, but the only thing that truly mattered.

I've shared many hugs, and one of the best hug givers in my life was my paternal grandfather, whom I called Dziadek. When he hugged me, I felt his love to my core. His physical life ended when I was young, and yet his lessons have lived within me and shaped me as a person. During my most difficult times, it was often his words that guided me and compelled me forward. I didn't realize at the time, but when I was seven, he was dying of cancer. Looking back, I believe that knowledge shaped the way he interacted with me. I now understand why it was so crucial for him to impart his ideals and make sure I knew how much he loved me.

Dziadek became a figure of gentle masculinity that I carry with me. He moved through the world with curiosity, awe, tenacity, and yet humility. The wooden box which once held his watch now sits on the bookshelf next to my bed. I remember his hands as they lifted the watch out of the box. I sat captivated, watching him buckle the clasp with one hand— a feat too dextrous for my small childhood hands.

Time isn't held by a box, and the watch is no longer there. As I run my fingers over the wood grain, I reminisce about sitting with Dziadek as he taught me how to carve wood. I learned not to rush but rather to look deeply at the wood, noticing which way the grain was running. "Let the wood guide you," he encouraged.

In the decades after Dziadek passed, I longed to be able to ask him questions from an adult mind. Questions danced around my mind as I meandered through my days— a collection of unanswered longings. I searched for older masculine guides and was deeply grateful for a number of mentors and friends whose wisdom helped me along my path.

Recently, I've noticed that this deep longing for mentors has eased a bit. The other night, Dziadek came to me in a dream, dressed just as he had when I was a child: light blue cotton shirt, a pocket protector holding a pen, plaid pants. I blinked, and he remained on the couch next to me, as though that's where he'd always been, unchanged by time as I slowly grew into my adult body. My mind unleashed questions. How had he been there all these years? How did I look for him and yet not see? Then my mental wind shifted, and I realized I could now ask him the questions I'd longed to voice. Rather than formulate words, however, my mind fell gently into a quiet peace. I tucked my legs into my chest and leaned into his shoulder. His arms supported me, and I closed my eyes and let out a long breath.

In that dream, it became clear that everything I've longed for outside of myself has been within me all along. The answers are dancing in laughter, wafting in the breeze, and beating in my chest.

In this knowing, I gently release into love.

Who were the masculine guides in your own life, and what bits of their wisdom do you carry within you?

-Dr. Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Learn more at www.CreativeLifeTherapy.com.

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play while seeking to balance structure and spontaneity. Volunteer opportunities available. Per-camper and family rates. Please inquire. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Self-Realization Fellowship Convocation Week with Song of the Morning Community • Sunday, August 2, through Sunday, August 9 • Immerse yourself in Paramahansa Yogananda's how-to-live teachings during this uplifting annual week at Song of the Morning, held in harmony with SRF Convocation. Enjoy classes, fellowship, personal meditation, and spiritual renewal in a peaceful woodland setting, while sharing the blessings of Convocation week in the company of God seeking souls. Participants welcome to attend part of the week. FREE; lodging fees vary by accommodation, include all meals, and are selected and paid during registration. Flexible attendance is welcome, and participants are invited to sign up for one volunteer service shift during the week. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Meditative Gardener Retreat with Will and Wendy Page-Echols • Friday, August 14 through Sunday, August 16 • Deepen your connection with nature through meditative gardening, chanting, meditation, and mindful cultivation. Explore Yogananda's teachings on plant consciousness while experiencing gardening as a spiritual practice rooted in peace, joy, and vibrant, awake living. Retreat investment: $108. Lodging fees vary by accommodation and include all meals. You'll select and pay for lodging during registration. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Exploring Mantra, Song, & Chant with Emily Adama • Friday, August 14 through Sunday, August 16 • This weekend explores mantra, song, and chant as tools to deepen our yoga and meditation practices. Drawing on yogic and contemplative traditions, participants will explore how vibration, repetition, and voice can calm the nervous system, focus the mind, and open the heart. No singing experience is required. $465-$650. For more information visit earthwellretreat.com.

Cultivating Connection: A Couples Retreat for Play, Presence & Pleasure with Tatianah Thunberg & Carisa Wilder • Friday, August 21 through Sunday, August 23 • Open to couples of all orientations, identities, ancestries, ages and stages who want to reconnect after a stressful season, deepen intimacy and trust, learn tools for co-regulation and authentic relating, explore touch, play, and presence while creating pathways of safety, and experience relational nourishment within a supportive community. $1050-$1475/per couple. For more information visit earthwellretreat.com.

Shamanism

Introduction to Journeying with Connie Lee Eiland • Sunday, July 26, & August 30 • 10:00 a.m. to 5:00 p.m. • Six-hour class includes power animal retrieval and journeys to upper, lower, and middle worlds. Journeying is with drums and rattles. Introduction to journeying is required for all advanced classes. It also allows you to get guidance directly from your helping spirits. I$100 f paid two weeks before, otherwise $125. For more information contact Connie at (248) 809-3230, email clshebear7@gmail.com, or visit shewolfshaman.com.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, June 13 & Sunday, June 14 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you in your life and learn techniques for empowerment, allowing you to move safely, intentionally in a balanced way. This class is prerequisite to advanced shamanic studies. Online via Zoom. $180 per person/$90 for repeat students. For more information contact Judy at info@judyramsey.net.

Grandfather Sun Shamanic Sound Journey with Cacao & Mary Ledvina • Sunday, June 14 • 2 to 4:00 p.m. • Before Father's Day and Summer Solstice, travel to the upper world to connect with the Sun and receive light. There will also be an opportunity to connect with your male ancestors. Experience a sound bath as you receive the healing and/or guidance you need through a guided journey assisted by optional cacao. Doors will be locked at 2:15 pm. sliding scale: $40-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Shamanic Healing for Animals I with Judy Liu Ramsey • Wednesday, June 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19, & 26 • 7 to 9:00 p.m. • Explore animal healing that draws upon core shamanic practices. Develop a toolkit of techniques through supportive, interactive, and experiential learning from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication not necessary. The class is taught via Zoom. $425 per person/$225 for repeat students. For more information contact Judy at info@judyramsey.net.

Five-Day Soul Retrieval Training with Connie Lee Eiland • Tuesday, July 1 through Sunday, July 5 • 10:00 a.m. to 4:00 p.m. • This class is for people who want to bring soul retrieval into their practices. Participants will be trained in diagnosis, soul retrieval, and intensive after care. There is an approval process for this training. $450 until June 6, $500 after. For more information contact Connie at (248) 809-3230, email clshebear7@gmail.com, or visit shewolfshaman.com.

Extraction: A Shamanic View of Illness with Judy Liu Ramsey • Saturday, July 11 & Sunday, July 12 • 9:00 a.m. to 5:00 p.m. • Shamanism addresses the spiritual aspects of illness. Identify power loss and explore different ways to address healing. Deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine For the Earth or Healing With Spiritual Light. Class is via Zoom. $300 per person/$150 for repeat students. For more information contact Judy at info@judyramsey.net.

Grandmother Moon Shamanic Sound Journey with Cacao & Mary Ledvina • Sunday, July 12 • 2 to 4:00 p.m. • Travel to the upper world to connect with the Moon and to experience your feminine nature. Experience a sound bath as you receive the healing and/or guidance you need through a guided journey assisted by optional cacao. Doors close at 2:15 p.m. sliding scale: $40-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Healing Curses & Spells with Connie Lee Eiland • Saturday, August 8 from 10:00 a.m. to 5:30 p.m. & Sunday, August 9 from 10:00 a.m. to 4:00 p.m. • This class involves recognizing the importance of words and energy for

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A Conversation With the Oversoul of Omaha Beach

By Peggy River Singer

"Omaha Beach was one of the five main landing areas during the Allied invasion of German-occupied France on June 6, 1944 (D-Day). It was the most heavily defended and deadliest of all landing sites, with roughly 2,400 U.S. casualties out of 34,000 troops. Today, it is a place for reflection with memorials and the nearby American Cemetery."

Oversoul: We are a collective of angels, fae, and guardian spirits of earth, sky, and sea who are helping to restore health and balance to this place of apocalypse. This work will take millions of years on many different levels, and there is no designated "end date." There are still many lost souls wandering the area who don't understand where they are or what has happened; many are looking for their lost comrades. Some are trapped in time-loops where they replay a particular experience over and over.

[I am shown a horrifying slow-motion sequence of a soldier stepping on a land mine and exploding into glory, which immediately starts at the beginning again.]

Oversoul: We do not interfere with those who are experiencing such distressing memories, it is not our job to change or "fix" their soul-contract choices. Instead, we remain benevolently neutral and support what they need and want to accomplish without asking intrusive questions, or judging.

Peggy: It took years to plan the invasion. I expect that angels, fae, and other beings knew ahead of time what would take place on that day?

Oversoul: Yes. Not in great detail, but an overall vista of infinite potential events. Our team was prepared for all possibilities well ahead of the actual invasion.

Peggy: Does this restoration work extend to other timelines?

Oversoul: Yes, certainly. Similar "teams" are at work on countless disaster sites on many different timelines and realities, including natural disasters like Mount Vesuvius destroying Pompeii in AD 79, the San Francisco earthquake in 1906, and the impact zone of the "dinosaur-killer" asteroid that landed in the Yucatan 66 million years ago.

Our support and restoration system includes "tiny disasters" such as a breath of wind moving a grain of sand in such a way that it disrupts the local micro-environment and all living things associated with it.

Every square inch of this world has experienced changes and upheavals, right down to the molten core. Eventually all such events and locations will be restored to complete, healed perfection. Humans with pure intentions can access and collaborate with this endeavor to help achieve this ultimate expression of grace. This conversation is complete.

Peggy River-Singer is an all-beings communicator, Pleiadian Starseed, and lifelong writer. She dwells in a funky little apartment on the enchanted shores of Ford Lake in Ypsilanti, where she teaches fae folk how to use and share Reiki to help bring more joy and healing into the world. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call (734) 548-0194.

Couples & Family Healing Class
Sept. 17th, 7:30-9:30 pm

Part I – Group Class teaches how soul contracts draw us to our families and relationships, the spiritual dynamics that make us heal and grow as individuals and together, and how to make use of them for success and satisfaction. Meet by teleconference call. Or by recording for those who can't attend live.

Part II – Private Healing with Eve to shine light on your particular dynamics and opportunities, provide guidance and begin the healing process. Scheduled individually.

Only one person required per couple or family to accomplish what is needed. More is great!

Cost $300 for series. See "What's New In The Community" in this issue for more about this class and visit www.spiritualhealers.com for testimonials and to enroll.

Eve Wilson is a UCM Master Healer with 40 years experience helping couples and families to succeed in the fullest ways as individuals and together.

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health and well-being. Participants will learn to recognize curses and how to remove them safely. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. Soul retrieval is a prerequisite. $250 until July 25, $300 after. For more information contact Connie at (248) 809-3230, email clshebear7@gmail.com, or visit shewolfshaman.com.

Spiritual Development

Spirit Through the Years with LaTonya Zibi • Tuesday, June 16, July 14, & August 11 • 5 to 6:30 p.m. • Guided reflection for adults 50+ to explore spirituality, life experiences, and practical ways to nurture meaning and purpose. Hosted online. $35 per session. For more information contact LaTonya at (781) 832-0166, email spirit.holisticenerqi@gmail.com, or visit spiritbecoming.com.

Stress Management

Be a Tension Tamer with Jenn McFarland • Thursday, June 4, July 9, & August 6 • 6:30 to 7:30 p.m. • This workshop will teach you practical ways to stop stress in the moment. You'll learn four different techniques and how to incorporate them into your daily life. Hosted online. $50. For more information contact Jenn at (734) 234-8201 or email monarchdawn.jen@gmail.com.

Sustainable Living Skills

Plant Identification and Foraging or Plant Medicine from Indigenous and Western Perspectives with Gabi May • Ongoing Sunday Mornings • Learn to identify plants and learn about their uses in indigenous and western medicine. This class is open to all ages and will involve a leisurely-paced hike at a nature trail in the Ann Arbor area. You will get to know our plant relatives and learn about the amazing things they can do. Exact dates and times are weather dependent. $10. For more information contact Gabi at (269) 271-8797 or email gabi@mysticmay.com.

Natural Building Training Program at Strawbale Studio with Deanne Bednar • July • Experience a variety of natural building skills while living & learning on-site for one month at Strawbale Studio! Classes and hands-on experience in foundation building, round pole framing, thatched and living roof construction, strawbale walls, earth plaster, and cob. Enrichment: experience an earth oven, foraging, mushroom log fruiting, and more! $1250 / $950. Includes room and board. Some partial-pay work trade hours available. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Work Trade Program at Strawbale Studio with Deanne Bednar • June OR August • Live on-site at enchanting Strawbale Studio and help out (garden, grounds, repairs, office, natural building-related work) in exchange for room, board, and sustainable living skills such as spoon carving, earth sculpting, and more. FREE; 30-hour work week. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Two-Hour Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, July 12 & Aug 9 • 10:00 a.m. to Noon • Learning tour of natural buildings at Strawbale Studio! Visit the enchanting structures made of strawbale, earth plasters, living and thatched roof, rocket stove, earth oven. Learn about upcoming natural building and nature craft workshops. Bring a lunch and register for the afternoon workshop if you wish! $20. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

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The Crazy Wisdom Calendar

Tai Chi, Martial Arts, and Self Defense

Qigong Class with Cyrus Scholl • Ongoing Tuesdays • 6:30 to 8:00 p.m. • The class teaches you to use gentle movements, stretching, and mindful breathing to bring your body, mind, and spirit deeper into harmony. $12 per class. Drop-ins welcome. For more information contact Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Chen Tai Chi Ch'uan with Joe Walters • Ongoing Tuesdays, Thursdays, & Saturdays • 4 to 5:00 p.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stationary stances, coiling exercises, and Chen forms. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Beginners Tai Chi with Master Wasentha Young • Ongoing Mondays from 10:00 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi is a series of postures linked together in a continuous, fluid manner. It focuses on integratingboth physical and mental energy mechanics, promotes relaxation, and enhances the sense of balance. It is often characterized as a moving meditation. Attend one or both sessions per week (down a flight of stairs, no elevator access.) $225. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Internal Arts: Taiji, Bagua & Pushhands with Joel Robbins & Inner Culture • Tuesday, June 2, 9 & 16 AND/OR July 7, 14, 21, 28, August 4 & 11 • 7 to 8:00 p.m. • Explore Chen and Yang Tai Chi, Ba Gua Zhang, and partner exercises to develop body mechanics, coordination, and martial understanding. This class emphasizes practical movement principles and internal alignment through form and interactive practice. Suitable for all experience levels. $125 for 6 classes. For more information contact Joel (734) 315-0573, email joel.innerculture@gmail.com, or visit InnerCulture.org.

Silk Reeling Qigong with Joel Robbins & Inner Culture • Wednesday, July 22, 29, August 5, 12, 19, & 26 • 7 to 8:00 p.m. • Silk Reeling Qigong forms the foundation of Tai Chi and emphasizes gentle, spiraling movements that promote relaxation, coordination, and internal power. The class is for students of all ages and experience levels, those new to Tai Chi and Qigong, and those wanting to deepen their practice. $125 for six classes. For more information contact Joel (734) 315-0573, email joel.innerculture@gmail.com, or visit InnerCulture.org.

Tarot and Divination

Grace Choi Tarot Reader & Astrologer • Ongoing Wednesdays • 2 to 7:00 p.m. • Grace's readings are rooted in compassion and empathy. She believes divination is a catalyst for meaningful dialogue. She's here to help you feel seen, heard, and most importantly, empowered. Card Reading Only –$30 (30 min), $70 (60 min) Cards & Astrology Readings (must know birth time) – $35 (30 min), $80 (60 min). For more information contact events@crazywisdombookstore.com.

Dr. Mari Ziolkowski: Tarot Reader • Ongoing Thursdays • 2 to 7:00 p.m. • Highest guided meditative tarot card readings, light language channeling, healing/clearing, and herbal healing divinations. Two to three card "Quick Look": $25 (10 min); Four to five card "Go Deeper": $45 (20 min); Six+ card "Deepest": $65 (30 min); light language channeling: $50-60 (25-30min). For more information contact events@crazywisdombookstore.com.

Nina McDermott: Intuitive Card Reader • Ongoing Fridays from 2 to 7:00 p.m. AND/OR Saturdays from Noon to 7:00 p.m. • Reading a combination of Tarot and/or Oracle cards, Nina uses her intuitive gift to take a deep look into a situation, relationship or question, ofThree 3-card "Simple Spread": $25; Five-card "Deeper Look Spread": $45; Nine-card "Greater Perspective Spread": $65; Two-person reading: $65. For more information contact events@crazywisdombookstore.com.

Mylita Benjamin: Intuitive Guide and Oracle Reader • Ongoing Sundays • Noon to 5:00 p.m. • Mylita uses a combination of cards, clairvoyance, and healing energy to make her readings much more than a divination session! Three-card "Mini Sample Reading": $25 (10 min); "Celtic Cross – Recommended Reading": $45 (20 min); "Relationship Spread" (Two people): $60 (Approx. 30 min). For more information contact events@crazywisdombookstore.com.

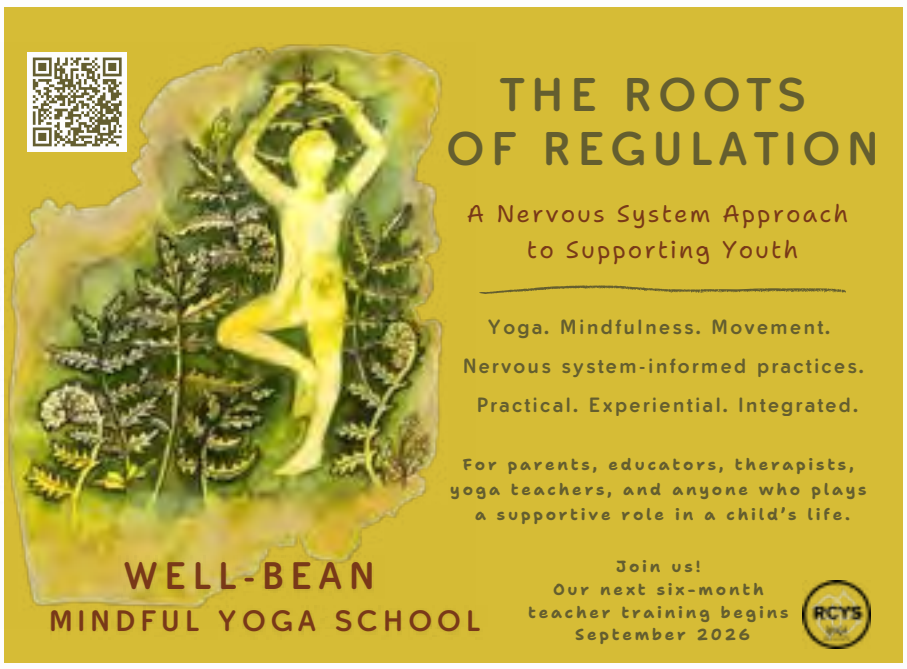
Writing and Poetry

Writing Workshops with Tarriane DeYonker • Saturday, June 13, & August 15 • 1 to 4:00 p.m. • Writing workshops with rotating themes. Beginning and experienced writers are welcome. This is a hybrid workshop, so attending by Zoom is an option. Registration required. $35. For more information contact the Weber Center at (517) 266-4000 or email webercenter.org.

Yoga

Open Level Yoga with Michele Bond • Ongoing Sundays from 4 to 5:30 p.m., Tuesdays from 6 to 7:30 p.m., & Saturdays from 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Classes are designed to optimally benefit each student, with myofascial release techniques incorporated as needed. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.



Yoga Stretch with Samantha Lieberman • Ongoing Fridays • 9:15 to 10:15 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, programs@jewelheart.org, or visit jewelheart.org.

Golden Lotus Hatha Yoga with Golden Lotus Yoga Teachers Association • Ongoing Saturdays • 2 to 3:30 p.m. • Golden Lotus Yoga, founded by Yogacharya J. Oliver Black, a direct disciple of Paramahansa Yogananda, offers gentle, slow-paced, meditative classes for all levels. Each class includes brief meditation and spiritual guidance, helping you experience greater peace, clarity, and a renewed sense of inner well-being. Donations welcome. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Yoga at Zion Well • See Website for Schedule • Zion Well offers a variety of classes, including gentle, restorative, Yin, and meditative yoga. For those looking for more, they also offer retreats, private sessions, and teacher training courses. Visit zionwell.com for more information.

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From Our Archives

Holler Fest: A Happy, Hoppin' Place

By Hilary Nichols

Ann Arbor does summer well. This town comes alive with outdoor music from June to September, but each summer the local musicians and music lovers know that to wind-up the summer, Holler Fest is the place to be.

Holler Fest is a musical heart's happy place. This three-day music festival is the favorite feel-good gathering of the season. It is held on the fourth weekend in August annually at Frog Holler Farm. Nearly 80 acts, and an audience that adores them, flock to this farmland turned festival grounds for this annual tradition. Established bands and new combinations of talented friends take to the five stages that are spread across the hills and hollows, in the woods, and tucked into a well-worn, but much-loved cabin. The cabin is very acoustic for smaller, more intimate sets. Squeezed in, knee to knee, fans sway and swoon for their favorite bands in this romantic little room. "People love to play in the cabin. It is so intimate. The sound of the stone walls is so special," Cathy King, the matriarch of the King Family, owners of Frog Holler Farm, shared with me. "The musicians want to come back every year. Joe Riley was at the very first gathering. He was so friendly and warm. He has played every fest but one since."

Together with her sons Edwin, Kenny, and Billy King, and daughter-in-law Emily Foley, Cathy hosts the festival while running their small-scale organic farm. "We work together on the farm and on the festival. It is fluid; we all pitch in and just do what needs to be done since we all live on the property." This has been an all-hands-on deck operation since the festival started in 2007.

"Inspired by music festivals up north, Billy and Kenny King planned a big party at Frog Holler Farm to celebrate the King family's 35 years on the land, …" is how the event is introduced on their website. Their neighbor Tom Hines came through to help put up their first stage, and he and his family have been contributing in countless ways ever since. Hines mows the grounds all summer, recently clearing a new area to expand camping into their "Enchanted Peninsula" area as the festival has grown.

Now upward of 100 volunteers pitch-in over the event weekend. Thirty or so more volunteers are dedicated to the production throughout the year. "We certainly could not do it without them," Cathy says of her volunteer crew. "This festival has taken on a life of its own with all the good energy of our team." The impact of the team is felt. Their kitchen manager Angie Martin introduced the "free store" which is a well-loved aspect of the event. Ceramicist Doug Worthington first brought his Doug's Mugs to sell and soon became the vending manager. Tom Huber came initially in 2008 as a fan with his family in tow, and soon enough, they all became indispensable volunteers. "Tom is a real builder. He led a team of volunteers to build our kitchen," said Cathy. Tom's family all come the week before, camp, and bring food for the volunteers. His wife Edith leads the clean-up team with their buckets and brooms. "We call them the bucket and broom brigade." The two families mix their talents musically, too. Tom Huber with his daughter Donya and younger son Kaden collaborated with Billy King in their band, Eyes Unclouded.

Cathy's late husband Ken King, "always thought of himself as a musician." He would host barn parties and dances on the property.

Set in the Irish Hills, the property is so hilly and wooded they were initially told it was unsuitable for farming. That didn't stop Ken and Cathy, along with their partners, from purchasing the piece of property in 1972 as a place to grow vegetables for their restaurant Indian Summer, on State Street in Ann Arbor. Soon after however, the partners began to devote themselves to their disparate undertakings. The Kings focused on Frog Holler Organic Farm, becoming the first organic growers at the Ann Arbor Farmers Market. While their partner, Rick Peshkin, went on to create what is now Ann Arbor's premiere produce wholesaler, Frog Holler Produce, and also The Produce Station.

The King family still operates the small-scale Frog Holler Organic vegetable farm on a two-acre patch on the property. "We had to start from scratch on this beautiful but abandoned piece of land," Cathy King told me. They sell their produce at the Ann Arbor Farmers' Market each week. "Our farm sales support the festival. It makes no sense at all, but we never make any sense," she declared. Financially the festival might not make a lot of sense, but that has never been the purpose of this wonderful affair. Cathy explained, "The farm is beautiful. It makes no sense not to share it." And share it they have. Last year there were nearly 2000 in attendance, with the musicians, volunteers, day visitors, and weekend campers tucked into all corners of the land.

Just 35 minutes from Ann Arbor in Brooklyn Michigan, the festival is simple to attend as a day visitor, but last summer I set up my tent on the hill for the weekend, with a perch to really witness how the festival flows. Townies and bandmates were deep in conversation in the green room that was filled with good cheer, a couple of couches and always coffee, tea, and snacks. The stage manager, Barry Lonik, brought the next act up and the announcer, John Bommarito, kept the crowd hyped while the sound system and lighting was carefully cajoled to play over the large lawn. The level of professionalism was uncanny for this small family festival. It was clear that everyone wanted to lend a hand.

Ozzie Andrews on bass and Anne Erlewine on guitar.

On stage, headlining acts were interspersed with old timers strumming their fiddles and harmonizing to the classics. The audience sat in their own camp chairs in the natural amphitheater singing along and hooting and hollering at all the heart and happiness that was amplified throughout the day. Parents frolicked across the lawn, chasing toddlers and dancing amongst the grandparents and teenagers, while old friends stopped for hugs and continued toward their next show. Everyone there was clearly connected through the love of music, and the Ann Arbor small-town tribe. This was a chance to come together to play, d participate, and celebrate the simple joys of life around the campfire: music, friends, family, and cooperation. The setting was simply idyllic. "Everyone really responds to the family feeling and the vibe. We do get people telling us that they feel at home… it's a community feeling," King affirmed.

Read the rest of the article online!

Hollerfest is August 21-23 this summer. Learn more at hollerfest.com.

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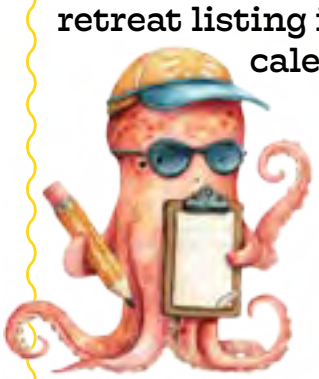

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Voices of this Region's Conscious Living Community Videocast Interviews on crazywisdomjournal.com

View complete interviews from Crazy Wisdom's Salon Series — The Sages of Ann Arbor — as well as other interesting and informative interviews with community leaders.

Interviews newly posted are with Dr. Dennis Chernin, Lisa Gottlieb, Dr. Jay Sandweiss, and Demo Rinpoche. These public "conversations" in the Crazy Wisdom Lounge are moderated by Bill Zirinsky, longtime Editorial Director of the *Crazy Wisdom Community Journal.* Check back as new interviews will be posted periodically!

Demo Rinpoche, a Tibetan Buddhist monk and incarnate lama, leads Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center, recognized nationally and internationally as a center of Buddhist teaching. Demo Rinpoche has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision.

One of the wise men of integrative medicine in this region, Dr. Dennis Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. Dr. Chernin now offers Homeopathic, Holistic and Preventive Medicine Consulting.

One of Ann Arbor's modern-era renaissance women, Lisa Gottlieb has been a leader in the community for decades. In recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor.

Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine, and board certified in medical acupuncture by the American Board of Medical Acupuncture.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

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